

Injuries are the #1 threat to your child's health. Use these safety tips to keep your child safe.

## **Water Safety Tips**

- Teach your child how to swim.
- Even if your child knows how to swim, always watch children closely when they are in or near water. This means ponds, lakes, rivers, oceans, and pools. It also means spas, toilets and bathtubs.
- Don't let your child swim in an area with strong moving currents in the water.
- When you are in a boat, you and your child should wear a US Coast Guard approved life jacket.
- If you have a pool, there should be a 4-foot fence around it.
- Be ready for an emergency by learning CPR. Always keep a telephone and emergency numbers with you.



For more information, please contact the Massachusetts Department of Public Health, Injury Prevention and Control Program at (617) 624-5070; or our website at: www.state.ma.us/dph/fch/injury/index.htm